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Volume 3 Issue 10

October 2003

## Calendar of Events

**National Bosses Day**  
October 16

**"Make a Difference  
Day"**  
October 25

**Daylight Saving  
Time Ends**  
October 26

**Halloween  
Retsil Costume  
Contest and Potluck**  
October 31

**November is...  
Veterans History  
Awareness Month**

**Election Day**  
November 4

**Veterans Day  
Observances**  
November 11  
10:00 am - Retsil  
2:00 pm - Orting  
- Spokane

**Orting's Holiday  
Bazaar**  
December 12-13

# WSH Honors Outstanding Employees



Steve Hosford receiving the Director's Award from John King.

Staff at the Washington Soldiers Home and Colony held their annual Employee Recognition Ceremony October 1. They enjoyed a salmon, halibut and chicken barbecue, organized by the recognition committee.

During the program, Director John King presented two individuals with the Director's Award, Patricia Rowland, Cook 2 and Steve Hosford, Custodian.

Pat was sited for being an outstanding

team supervisor, highly respected by many. She leads by example and demonstrates high standards. Her willingness to take on extra tasks is often demonstrated by volunteering

numerous assigned areas are properly maintained. He has been singled out many times as absolutely the best. His "lead by example" style continues to set the standards for everyone to follow.

Steve has the unique ability to help when dealing with the special needs of residents and when emergency situations arise. He consistently goes the "Extra Mile" in his willingness to serve the residents and co-workers.

The Distinguished Service Awards went to:

Tim Wilkins, Painter;  
Kris Elliott, Admin. Asst.;  
Jack Boone, Electrician;  
and Martin Freitas,  
Gardener1.

Those receiving years of service certificates and pins were;

**30 Years:**

Martha Fox  
Lynn Zemke



Pat Roland, Cook 2,  
Director's Award recipient.

to assist with special functions for the department and facility.

Pat is also working toward a certificate in Dietary Management.

Steven Hosford was nominated for ensuring all the custodial team's

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## How are We Honoring Veterans this Veterans Day?

This November, Washington State will honor the sacrifices of all veterans during Veterans' History Awareness Month.

Staff members at each of the three Veterans Homes are working hard gathering information on all WWII veterans at the Homes and sending it to the Public Relations team in central office who will register each veteran in the National WWII Memorial Registry of Remembrances.

Passed during the 2003 Legislative session, a new section added to chapter 73.04 RCW declares November of each

year to be known as veterans' history awareness month; designates the week in November in which veterans day occurs as a time for people in the state to celebrate the contributions to the state of its veterans; and encourages educational institutions, public entities and private organizations to designate time for appropriate activities in commemoration of the contributions of America's veterans.

### Who is Eligible?

If you have a family member or friend who helped win the war, either a veteran or an American on the home front, they are

eligible for the Registry of Remembrances. Registration is free and can be entered via the internet or by mail.

To enter a name via the WWII memorial website, go to [www.wwiimemorial.com](http://www.wwiimemorial.com) and click on the "WWII Registry" button on the left and follow the online instructions. You will receive an e-mail confirming registration of the name you enter, and a second e-mail confirmation when your entry is available for viewing on the website, as well as instructions for adding a photograph to your record, if you wish.

To register by mail, complete the form (one copy for each name entered, available from Colleen Gilbert) and mail to: WWII Memorial Processing Center, P.O. Box 305, Calverton, NY 11933.

You may include a photograph - WWII era or more recent - as part of the entry (one per honoree) with a processing fee of \$10.00 per photo. Send print copies only. Prints, CDs or diskettes will not be returned.

Official Registry Certificates, suitable for framing, may be purchased for \$5.00 per Certificate ordered.

### Need Help?

If you have any questions about this information, or need help, please contact Colleen Gilbert at 360-725-2180 or 1-800-562-0132.

## WSH Honors Continued .....

### 20 Years:

Kathy Huwe

### 15 Years:

Susan Cecil

Gwen Daniel

Michele Downing

Nancy Egnew

Anna Jean

Peggy Ellen Muai

Tim Wilkins

### 10 Years:

Char Erickson

Jeannette Nestegard

Derold Perry

Sharon Rinehart

Michael Yandle

### 5 Years:

Leila Barker

Tom Dudley



Jack Boone is awarded the Distinguished Service Award.



Superintendent Jon Clontz congratulates Kris Elliott, Admin. Asst. for receiving the Distinguished Service Award.



Tim Wilkins is awarded the Distinguished Service Award from Superintendent Jon Clontz.



Martin Freitas accepts his Distinguished Service Award.

## Key Staff Selected for Soldiers Home



**Harriet Vlosich** accepted the Soldiers Home Director of Nursing Services (DNS) position.

Harriet received her degree in Nursing at Savannah, Georgia, and worked in various settings in Georgia, Florida, and Oklahoma.

In the State of Washington, Harriet has worked in staff development where she organized new programs, and taught C N A classes.

Harriet has also been the DNS at a 110-bed facility which had a 24 vent-bed unit, and post trauma patients from Harbor View. For the past 15 years Harriet has worked as the DNS for a long-term-care facility.



**Eric Magbaleta** began his employment as HR Consultant at the Soldiers Home on September 23.

Eric has a Bachelor of Arts in Public Administration from Seattle University and is doing Graduate studies in management. Eric has been an HR Consultant 3 with Department of Revenue for over three years advising managers and employees on recruitment, training, and workforce diversity. He has experience in allocations, collective bargaining agreements, Merit System Rules and served as the ADA /Reasonable Accommodation Coordinator at Rainier School.

Eric also served five years as a Volunteer Firefighter and Emergency Medical Technician for Eastside Fire and Rescue in Renton.

## Celebrating Hispanic Heritage Month

Employees in central office celebrated Hispanic Heritage Month on Oct. 7, by holding a potluck luncheon. Staff members prepared everything from "chili rellenos" to spicy "chili conqueso" and the old favorite "rice and gandules". Randy Graham won both of the days' contests; one for "best dressed" and one for answering the most questions correctly on the multiple choice quiz!

Congratulations Randy and thanks to everyone who participated.



Hispanic Heritage Month is observed Sept. 15 to Oct. 15 and offers the opportunity to recognize and celebrate the Hispanic Heritage of many Americans.

## Motorcyclists Raise \$1,000.00 for Veterans

The second annual "Salute to Veterans" event, sponsored by the Mt. St. Helen's Motorcycle Club in Castlerock, raised another \$1,000.00 to assist Washington's veterans.

Held as part of their Harley Night at the Rock, motorcycle enthusiasts spent the day riding the backroads from of central Washington as part of a dice run to raise money for Washington's veterans. This year's ride will be used for the courtyards at the new Veterans Home facility being built at Retsil.

The evening entertainment, flat-track motorcycle racing, began with a patriotic opening ceremony complete with military veterans Jeff Kiper, Brian Saltis and Ken Claiborn riding in as Color Guard before raising the Nation's flag over the racetrack.

# PEBB Changes for 2004

The Public Employees Benefits Board (PEBB) has approved changes that will affect more than 300,000 Washington residents who receive health care coverage through the PEBB program. PEBB covers active and retired state and higher education employees, as well as K-12 school districts and certain employer groups who choose to join the PEBB program. Changes will take effect January 1, 2004.

**Plan changes.** Premera Blue Cross/Foundation will not be offered in 2004. A new plan, UMP Neighborhood, will have limited enrollment in only three counties.

**Health care costs for enrollees.** On average, monthly premiums will increase for most PEBB enrollees. Charts showing what can be expected for each plan are posted on HCA web site ([www.pebb.hca.wa.gov/oe/changes.shtml](http://www.pebb.hca.wa.gov/oe/changes.shtml)).

**Access to care.** Portions of the state may only have access to the Uniform Medical Plan (UMP) in their counties. In these counties, managed care plans either chose not to submit

bids to cover enrollees, or the bids submitted failed to meet cost or other criteria. One of the plans currently offered, Premera Blue Cross/Foundation, will not be offered in 2004. The Health Care Authority is continuing its negotiations in hopes of securing contracts with other health plans to provide a choice of plans in some of the affected counties. Currently, it appears that UMP will be the only plan offered in Chelan, Douglas, Grant, Ferry, Adams, Garfield, Asotin, and Klickitat counties. In addition, portions of Wahkiakum, Skamania, Lincoln, Stevens, and Pend Oreille counties will also have UMP as the only plan option. Negotiations with potential plans are continuing.

**Open enrollment.** PEBB open enrollment runs from October 20 through November 30. This is the one time PEBB enrollees can change their plans or add eligible dependents without showing loss of other health coverage. More information on open enrollment and upcoming changes in 2004 will be posted on their Web site. Most PEBB members will also be able to change their plans online.

## Attention

## PERS 3 Members!

Can you answer these 7 questions, if not you will find the PERS Plan 3 Investment Seminar well worth your time. Contact your local Personnel Office if you're interested in having the PERS 3 Investment Seminar available at your office location for you and your fellow colleagues. Also if you are a new employee or a Plan 2 member who is considering switching to Plan 3, this seminar will help you make a more informed decision.

- Q1. How many years of service do you need to collect your Defined Benefit?
- Q2. When can you take money out of your defined contribution account?
- Q3. How often can you move from one investment to another with in Plan 3?
- Q4. How much money are you going to need to fund your retirement?
- Q5. How do the management fees of funds in Plan 3 compare to fees of other investment options?
- Q6. What can you do as an investor to minimize your exposure to investment risk?
- Q7. Given your time frame and risk tolerance, should you have a conservative, moderate or aggressive investment portfolio?

## CFD is Underway

The Combined Fund Drive (CFD) started in 1984. It is a great way to empower state employees and public agency retirees to help their communities.



A proclamation by Governor Spellman helped condense multiple fund raising campaigns into a single effort - "The Combined Fund Drive". State employees have contributed over 51 million dollars to charities of the Combined Fund Drive.

It's an easy, convenient, and effective way to support local, national, or international communities. Automated monthly deductions allow your pledge to be taken from your payroll check directly. You can also give a one-time

donation. Ninety-four cents of every dollar you give goes directly to the charity of your choice.

You can start, stop, or change your CFD contribution at any time. However, a concentrated effort is undertaken every year from September 15 to October 30 for state agencies.

For more information and a copy of the Charity Guide, contact your CFD local coordinator. They may also be planning a special fundraising event at your work site.

### Agency Coordinators:

- Retsil - Debby Griswold
- Orting - Lynn Zemke
- Spokane - Tracie Smith
- Vet Center - Barb Logan
- CO - Debbie Kettlehut